



MWR Newsletter

January 2005

Volume 2 Issue 1

MWR Phone Numbers:

CFA Service Line	833-2005
ACS	833-2852
Arts & Crafts	833-2940
Bowling Center	833-2849
Eagle's Nest	833-5555
Gas Light Snack Bar	833-4446
South Towne Grill	833-4789
Outdoor Shop	833-3129
Physical Fitness Center	833-2159
Vending Hot Line	833-2727
Housing	833-2056

Pepsi Products increased their products .25 last year. MWR has been subsidizing them but they will now be raised because of cost constraints.

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Community & Family
Activities
Building 1002
Tooele Army Depot
Tooele, UT 84074-5032
(435) 833-2039

John Curwen
Chief, Community & Family
Activities

Circulation of the MWR Newsletter
is 1400

Editor: Colleen Gordon X2861

A "Visit with Santa!"



It's that time of year again! And at 9:30 AM, on a frosty bright Saturday morning, December 4th, children began pouring into the Eagle's Nest for the annual children's "Visit with Santa." They didn't want to miss his arrival.

At 10 AM, Santa appeared at the side door to the Eagle's Nest in a big red fire engine. Children were dancing and jumping up and down as Santa entered the theater escorted by Lynn Mecham of the

Family Support Office. Many cute little youngsters swarmed around him giving him squeezes and hugs. The Eagle's Nest was pulsating with excitement.

As Santa took his place in front of the fireplace, children formed a line anxiously awaiting their turn to see Santa. He received an ear full of advice for his Christmas run. Most children knew just what they wanted and weren't afraid to tell him. He had quite a list by the time the last child snuggled up close and whispered in Santa's ear. He will probably be working overtime to fill those requests.

A special thank you to all of Santa's helpers: Colonel Van Pelt, Dianne (his wife), his daughters, Carolyn Van Pelt and Elizabeth Van Pelt, Susan Brown, the Ruybal's; Ben, Faye and Hayden, the MWR group, and a big thanks to Santa who looked pretty tired after the visit he had with nearly 300 children.





ITR/Outdoor Shop

Escape the Winter Doldrums at Disneyland

by Lita McLemore

Are you planning a trip to southern California this winter and want to include Disneyland in your event? Consider coming by the ITR Office at building 1011 to pick up your park tickets. We have some of the lowest ticket prices around. If a one-day tour of the park is what you would like, buy a Disneyland "Choice" one-day summer pass for adults for \$45.00 and a child's pass for \$40.00. This pass will allow you to visit either Disneyland Resort Park, or the new Disney California Adventure Park. You can celebrate the fun and adventure of California at this exciting and whimsical park which was designed as a uniquely themed land including the Grizzly River Run rapids, "Soarin' Over California" (an airborne adventure), "Who Wants To be a Millionaire," and many other attractions. Or, choose to go to the more traditional Disneyland Park and meet memorable Disney characters, discover exclusive attractions and enjoy spectacular entertainment. Eight lands of fantasy and magic await your exploration.

Additionally, feel the energy of uptown fun at the ultimate gathering place at Downtown Disney. There's something for everyone, with live entertainment, great dining options, and unique shopping opportunities. If you have more time to spend, and feel you can't do the Disneyland experience justice in one day, try our three-day Disney "Park Hopper" pass. This ticket allows you to choose either park, or do both parks in the same day. The Disneyland Three-Day Hopper Adult Pass is only \$105.00 and a child is \$95.00. Come and purchase your tickets today and share the experience of a lifetime.

The Week After Christmas

'T'was the week after Christmas and all through the house
Nothing would fit me, not even a blouse.

The cookies I'd nibbled, the eggnog I'd taste

At the holiday parties had gone to my waist.

When I got on the scales there arose such a number!

When I walked to the store (less a walk than a lumber.)

I'd remember the marvelous meals I'd prepared;

The gravies and sauces and beef nicely rare'd,

The dips and the chips, the bread and the cheese

And the way I'd never said, "No thank you, please."

As I dressed myself, as I only can

"You can't spend a winter disguised as a man!"

So-away with the last of the sour cream dip,

Get rid of the fruitcake, every cracker and chip

Every last bit of food that I like must be banished

"Till all the additional ounces have vanished.

I won't have a cookie—not even a lick.

I'll want only to chew on a long celery stick.

I won't have hot biscuits, or corn bread, or pie,

I'll munch on a carrot and quietly cry.

I'm hungry, I'm lonesome, and life is a bore—

But isn't that what January is for?

Unable to giggle, not longer a riot.

Happy New Year to all and to all a good diet!

—Author Unknown

(If this is you, be sure to attend TEAD's Aerobic Class on Monday and Wednesday or just come to the Fitness Center and get back in shape!)



Arts & Craft Center

by Jan Kofford

"New Year Pot Luck" will be Saturday, January 29, 2005. Bring a food dish and enjoy half off all fees for Craft Center Activities! (Does not include framing or any retail activities.)

Hours of Operation:

Sunday—Monday	Closed
Tuesday—Thursday	2 PM to 8 PM
Friday—Saturday	10 AM to 7 PM

Schedule for Classes: (All classes may be schedules by appointment—call 833-2940.)

Basic Pottery Skills

By appointment

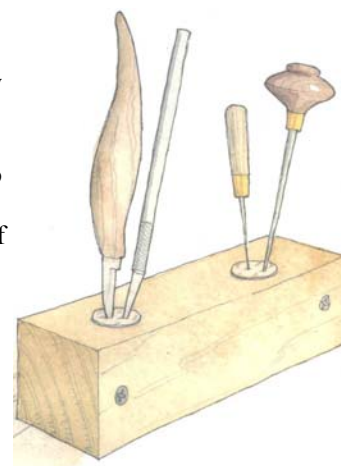
Schedule for Certification:

Ceramic Tec.	Tue—5:30—7:00 PM
Ceramic Cert.	Tue—5:30—7:00 PM
Wood Shop Cert	Thur—5:30—7:00 PM
Lapidary Cert	Thur—5:30—7:00 PM
Do It Yourself Framing	Individual Appointment

Shop Tips

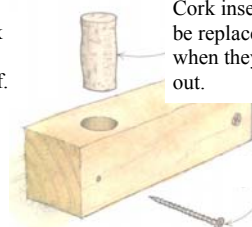
In my shop, I use a variety of tools with really sharp edges or points on the end of the blades; awls, marking and X-Acto knives, and scribing tools. The problem with many of these tools is that they're difficult to store. You can't just throw them into a drawer where the sharp edges will get banged up and dull or store them on shelves where they may fall off and break.

One day it came to me that wine-bottle corks would be perfect to store these tools! So I drilled a couple of holes in a scrap block of wood — 7/8" diameter offers a fairly snug fit for most corks — and mounted the block on the back corner of a tool shelf, near many of my layout tools. —Marlo Rodriguez (Fine Woodworking)



Screw block of wood to wall or shelf.

Cork inserts can be replaced when they wear out.



Eagle's Nest

by Shauna Fox

Muddy Buddies

by Chex

1 teaspoon vanilla

1 1/2 cups powdered sugar

1/2 cup Skippy peanut butter

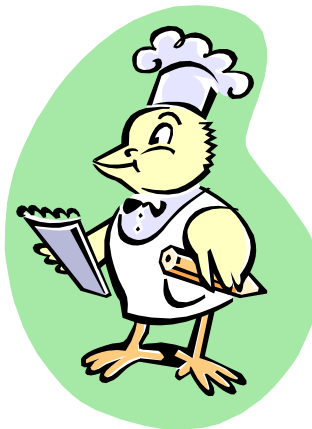
1 package (6 oz.) semisweet chocolate chips (1 cup)

1/4 cup margarine or butter (not spread or tub products)

9 cups Chex cereal (any variety)

Measure cereal into large bowl; set aside. Microwave chocolate chips, peanut butter and margarine in 1-quart microwavable bowl, uncovered on high one minute; stir. Microwave 30 seconds longer or until mixture can be stirred smooth. Stir in vanilla. Pour chocolate mixture over cereal in bowl, stirring until evenly coated. Pour into large plastic food-storage bag; add powdered sugar, seal bag; shake until well coated. Spread on waxed paper to cool. Store in airtight container in refrigerator. Makes 9 cups snack.

Range Top Directions: Measure cereal into large bowl; set aside. Heat chocolate chips, peanut butter and margarine in 1-quart saucepan over low heat, stirring frequently, until melted. Remove from heat; stir in vanilla. Continue as directed above.



Smoky Maple-Barbecued Chicken

by Better Homes

4 Tyson fresh boneless, skinless chicken

Breasts

1/4 cup maple syrup

1/4 cup barbecue sauce

2 tablespoons mustard

1/4 teaspoon liquid smoke

Preheat grill to high. Wash hands. Sprinkle chicken with salt and pepper. Combine maple syrup, barbecue sauce, mustard and liquid smoke. Grill chicken, turning frequently and brushing with sauce, 12 to 15 minutes or until done (internal temp 170 degrees F.)

January Lunch Menu

Monday, January 3, 2005
Smoked Brisket w/Barbecue Sauce

Tuesday, January 4, 2005
Mexican Plate

Wednesday, January 5, 2005
Chicken Pot Pie over Biscuits

Thursday, January 6, 2005
Chef's Choice

Monday, January 10, 2005
Polish Dogs w/Sauerkraut

Tuesday, January 11, 2005
Baked Halibut w/Lemon & Tarter Sauce

Wednesday, January 12, 2005
Swiss Mushroom Chicken

Thursday, January 13, 2005
Chef's Choice

Monday, January 17, 2005
Martin Luther King Day

Tuesday, January 18, 2005
Sweet & Sour Pork w/Ham Fried Rice

Wednesday, January 19, 2005
Pasta & Beef Bake w/4 Cheeses

Thursday, January 20, 2005
Chef's Choice

Monday, January 24, 2005
Chicken Cordon Bleu

Tuesday, January 25, 2005
Stuffed Meatloaf

Wednesday, January 26, 2005
Roast Pork

Thursday, January 27, 2005
Chef's Choice

Monday, January 31, 2005
Fried Chicken w/Mashed Potatoes

